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TEMP GETS CANCELLED

IN WHICH SHANNON LIES AROUND EATING POPSICLES AND WATCHING KATE WINSLET DVDS AFTER GETTING FIRED

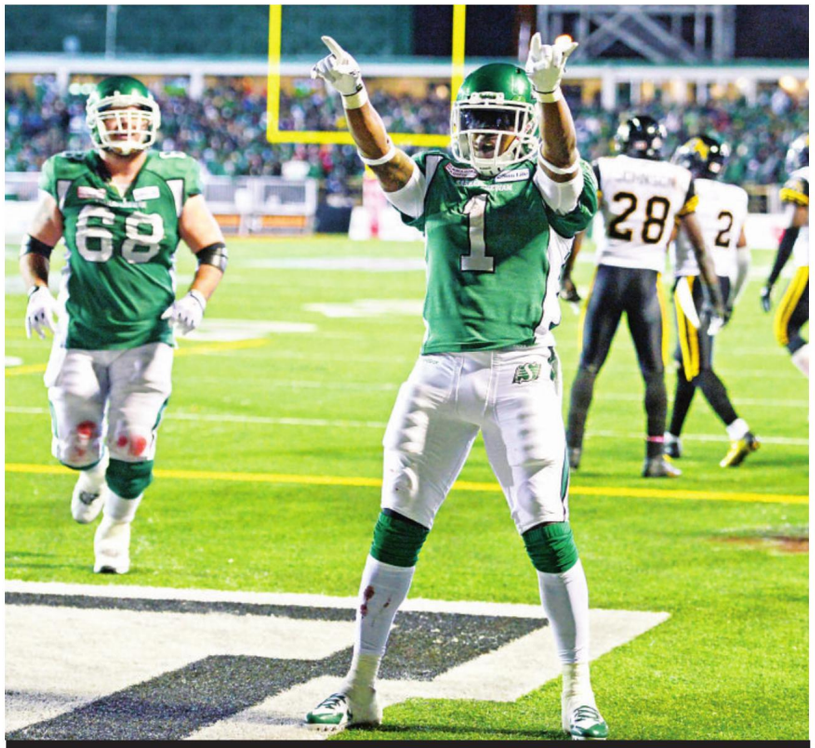
PAGE 12

Frank mag: Now with more bobble

Watch out, Ottawa — the magazine is set to resume publishing scathing political satire. If you subscribe now they'll throw in a free Rob Ford bobble belly PAGE 3

Sgt. Pepper gets CanConified

Classic Beatles album reinterpreted, with singers from Spirit of the West, Odds and others lending their voices to a live performance PAGE 6



CATS GET ROUGHED UP

Saskatchewan Roughriders running back Kory Sheets celebrates a touchdown against the Hamilton Tiger-Cats during the fourth quarter of the Grey Cup in Regina on Sunday. The Roughriders went on to win 45-23. For more on the game, see page 21. JONATHAN HAYWARD/THE CANADIAN PRESS

Pot patients to sue over privacy breach

Health Canada.
Man filing class action claims at least one person has lost job over gaffe

TREVOR GREENWAY
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Thousands of Canadians across the country are planning a class-action lawsuit against Health Canada after they were outed as medical-marijuana users in a mass mail-out last week.

Cannabis in Canada Society founder and director Jason Wilcox said that at least one person has lost his job over the gaffe and thousands more fear their gardens may be targeted and their houses robbed.

The fear is the result of Health Canada sending out 40,000 documents to patients in white envelopes with the words "Marihuana Medical Access Program" written across the top, followed by the patient's name and address.

Wilcox and Scott McCluskey are the named plaintiffs in the case and will represent up to 40,000 Canadians who have been affected.

Small-town talk

"If it goes into the neighbour's mailbox, which often happens with Health Canada, you're exposed. And everybody that's in a small town talks."

Cannabis in Canada Society founder and director Jason Wilcox

"We want the government to see the potential fallout," said Wilcox, adding that he worries for patients who live in small towns, especially those who reside in a "right-wing, conservative town that is anti-marijuana."

Health Canada deputy minister George Da Pont said last week the format of the mailing was the result of an "administrative error." He said the letters outlining changes to the Marihuana Medical Access Program, which take effect next spring, were sent to 40,000 patients.

According to the letter, among the reasons for changes to the rules, which will prohibit patients from growing their own marijuana at home, is concern that participants in the program will be targets of home invasions. Da Pont went on to say the mail-out was "not standard Health Canada practice."

Wilcox has been in the federal marijuana-access program for more than a decade and said he has never had his medical records exposed like this.

"Up until now, all mail has come registered courier and you sign for it," Wilcox told Metro Sunday.

"And then all of a sudden, because of this changeover in the program, after 12 years of autonomy and proper privacy of patient rights, Health Canada just outed 40,000 sick and disabled and elderly Canadians and dying Canadians in this country and there's no 'sorry'?"

Wilcox said he will file the suit through Branch MacMaster law firm sometime this week.

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Politicians, elites in their sights

Fourth time's a charm. Frank returns in a relaunch of the satirical magazine, first launched in 1989

DENIS ARMSTRONG
ottawa@metronews.ca

Frank magazine is back.

With Michael Bate — the journalist who once claimed that if he wasn't being sued, he wasn't doing his job — at the helm, the satirical magazine that mercilessly skewered Ottawa's ruling class returns today with an online website, and as a monthly print version in December.

It's his fourth relaunch for the magazine that started terrorizing Canada's first estate in 1989.

Bate says that, for better or worse, the time is right for political satire.

In addition to its boundary-pushing, lawyer-vetted sense of humour, the new Frank will break more explicit news that mainstream media is reluctant to touch, including breaking news on senators Pamela Wallin, Colin Kenny and Mike Duffy, super-rich Canadian investor and television mouthpiece Kevin O'Leary, and a person Bate describes as "the richest woman in Rockcliffe."

Subscriptions

The online version, available for $14.95 a month at frankmag.ca, will be updated daily with new breaking stories, while the print version will cost $6.95 an issue. Bate said he needs about 1,000 subscribers to make the latest version work.

New Frank magazine subscribers are being offered a bobble-bellied model of Toronto mayor Rob Ford, with an intoxicated Ford holding a crack pipe and a bottle of vodka. CONTRIBUTED

Police nab fifth suspect in vicious beating

A police investigator gathers evidence at Andrew Haydon Park in Ottawa on Nov. 17. MIKE CARROCCETTO/FOR METRO

Ottawa police have arrested a fifth suspect in connection with the vicious beating of a 21-year-old man who was found naked and severely battered at Andrew Haydon Park last weekend.

Fabrice Batubenga, the subject of a nationwide warrant last week, was arrested Saturday, although details of the arrest haven't been made clear. The 25-year-old Ottawa man was wanted for attempted murder, aggravated assault, pointing a firearm, forcible confinement, unlawful in a dwelling and breach of bail recognizance. It's not clear if all the charges are related to the Nov. 17 beating. Batubenga made a brief court appearance Sunday.

Batubenga is the fifth suspect in what police have called a gang-related beating, as four other men were charged with attempted murder and assault last week. The names of the other four men are protected under a publication ban requested by police. All are known to police and are scheduled to appear in court by video on Monday.

The 21-year-old victim was spotted by a passerby who called police around 9 a.m. Nov. 17 after noticing the man was naked. He appeared to be suffering from knife wounds.

Police say their investigation into the attack is ongoing and more charges may be laid.

They are asking that anyone information about the attack call West District Investigations unit at 613-236-1222 ext. 2666 or Crime Stoppers at 613-233-8477 (TIPS) or toll free at 1-800-222-8477.

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Skiers and snowboarders hit the slopes as new season kicks in

Camp Fortune. Mont Tremblant open for skiing even as Calabogie Peaks suffers setback

TREVOR GREENWAY
trevor.greenway@metronews.ca

There may only be a few centimetres of snow in your back yard, but if you take a short drive into Chelsea and head up Dunlop Road, you'll find a lot more of the white stuff at Camp Fortune.

The ski hill opened one run over the weekend, as cold nights and mornings have allowed the hill's 38 snow guns to operate around the clock. It may not have been powder heaven for skiers and snowboarders, but co-owner Peter Suderman said the hill still saw hundreds of riders hit the slopes.

"It's been going well, just psychologically it's always nice to get the lifts turning and people on the hill," Suderman told Metro Sunday, adding that Camp Fortune saw about 600 skiers and snowboarders since Friday.

"Everyone is just sort of taking a few runs, dusting the cobwebs off their ski legs."

Historically, it's not the earliest the hill has been able to open — the hill opened Nov. 11 last year and even earlier in year's prior.

Still, Suderman was happy to get into the skiing spirit.

"It's nice to get a run open and things turning," he said.

Camp Fortune isn't the only hill in the area to be open, as Mont Tremblant Ski Resort opened a handful of runs last weekend.

Other ski hills in the area haven't been quite so ambitious.

Ski Vorlage in Wakefield plans to open Dec. 6 while Mont Cascades hopes to open the slopes next weekend.

Ski Edelweiss didn't respond by press time.

A fire at Calabogie Peaks Resort's snow making pump house has delayed that ski hill's planned opening, which had been slated for Nov. 29.

Quoted

"It's been going well, just psychologically it's always nice to get the lifts turning and people on the hill."

Camp Fortune co-owner Peter Suderman

Camp Fortune Spokesperson Erin Boucher hits the slopes for a test run Thursday, a day before the hill opened one run. TREVOR GREENWAY/METRO

Micropigmentation artist Aleksandra Ciepielak works on a client at her Vanier studio. TREVOR GREENWAY/METRO

Permanent makeup means no fuss

When Aleksandra Ciepielak gets up in the morning, there's no fiddling to find the right shade of lipstick. There's no detail work to be done on her eyeliner. She wakes up and she's ready for the day.

It's not as though Ciepielak wears no makeup, it's just that she has it on her face all the time—and it's likely never coming off.

"I just have to put my foundation on and I'm ready to go," said the certified micropigmentation artist who runs Perfect You, a permanent makeup studio in Vanier.

"In the morning, you just get up and go."

But it's not just about looking good all the time. Ciepielak's work goes far beyond just making lips or eyebrows stand out. She does everything from correcting minor scars and skin defects to permanent bruising and even facial hair loss.

"I have people who are cancer patients, people who have suffered alopecia and they lose all their hair, so I do all cosmetic procedures," added Ciepielak, who has been practicing for 10 years.

The procedure involves minute, metabolically inert pigment granules that are implanted below the skin. Ciepielak says eyebrows are the most popular, as they can immediately transform a person's look.

"The whole idea of permanent makeup is to enhance somebody's features," she said.

"It really frames their eye and changes their whole look. With eyebrows, specifically, it's an instant facelift, it takes years off of your face." The work lasts up to 15 years before it needs to be refreshed, but once it's done, it's done. There is no going back. Ciepielak says it can't be a "spontaneous decision."

Prices vary from $200 for a partial eyebrow up to $500 for full lip colouring.

TREVOR GREENWAY/METRO

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SHOPPERS DRUG MART

City welcomes Sgt. Pepper's new band of Lonely Hearts

Art of Time Ensemble. Genre-bending take on Fab Four includes top Canadian singers, who picked their favourite Beatles for Metro

DENIS ARMSTRONG
ottawa@metronews.ca

The Beatles weren't available to help the Art of Time Ensemble's Andrew Burashko reimagine a new string version of Sgt. Pepper's Lonely Hearts Club Band.

So, for his latest chamber interpretation of a Beatles album, he has recruited four of Canada's favourite singers — Spirit of the West's John Mann, former Barenaked Ladies member Steven Page, Skydiggers' Andy Maize and Odds' Craig Northey — for a new live performance of the iconic album at Dominion-Chalmers United Church, 355 Cooper St., on Thursday at 7:30 p.m.

Metro asked each singer with which Beatle they most identify with:

"In many ways, John is the most interesting Beatle, but Paul is my favourite, especially in the period post-1966," Page said. "His commitment to trying anything new, whether his most saccharine ballads or his hardest-rocking songs, are always an inspiration."

While Northey prefers the emotional complexities of Lennon's songs, the Beatle he most identifies with is George Harrison, because "he was quiet and cool with the best-looking guitars in the band."

Having growing up in Calgary, John Mann turns sentimental when asked who his favourite Beatle is.

"Paul was the master of melody," Mann says. "A Song like When I'm 64 was a brilliant throwback to a different time. However, I could not help having a bit of a Ringo thing. Something about those puppy-dog eyes."

Andy Maize's love for the Fab Four dates back to 1965, when his mother took him to see them in Montreal.

"When I was a teenager and into my 20s my favourite Beatle was Paul," he said. "I loved his sense of melody. In my 30s and into my 40s my favourite Beatle became John.... I loved his use of language. Now my favourite Beatle is George, as much for the personal journey he took in his life as for the musical one."

The cover of The Beatles' Sgt. Pepper's Lonely Hearts Club Band
TORSTAR NEWS SERVICE FILE

London blizzard cools off Skyhawks' hot streak

Mother nature gave the Ottawa Skyhawks a small break from the punishing weekend schedule that saw them play a string of back-to-back games. Left: the Ottawa SkyHawks' Mike Rose soars for an underhand layup in Friday night's 113-99 victory over Charlottetown's The Island Storm at Canadian Tire Centre. Middle: the Ottawa SkyHawks' Fred Sturdivant rejects Mississauga Power's Kirk Williams Jr. in a Saturday game that again saw the SkyHawks win, this time with a 101-97 at the Canadian Tire Centre. Right: the roadtrip to play the London Lightning was all for naught as more than 30 centimetres of snow fell on the city, cancelling the game.

LEFT AND MIDDLE: MIKE CARROCCETTO/METRO, RIGHT: MARK SPOWART/FOR METRO

Cops seeking info

Police investigate east-end shooting

Police in Ottawa are investigating a shooting in the city's east end after a half-dozen shots were fired at a residence on Summerfields Crescent Saturday night.

The shots were fired around 8:40 near Innes Road and Orleans Boulevard. Police say there are no injuries and that the investigation is ongoing.

TREVOR GREENWAY/METRO

Snowsuit drive

Students help out their classmates

Students at Huntley Centennial Public school in Carp are holding a snowsuit drive for students from R.E. Wilson Public School, beginning Monday and ending on December 6.

R.E. Wilson Public School has more than 200 students enrolled at the school, many of them new Canadians.

Huntley Centennial organizes a snowsuit drive every year to help others in the community. Organizers are hoping to match last year's donations or to collect more. The winter clothing should be clean or new. Items could include such things as hats, scarves, mitts, snowsuits and boots. The winter supplies will be dropped off at the R.E. Wilson Public School on December 9.

Donations will be accepted at Huntley Club Centennial Public School, 118 Longstaff Ave., in Carp. A drop box is located in the main foyer.

DENIS ARMSTRONG/METRO

Drones

Yemeni activist to host public forum

Yemeni activist Farea Al-Muslimi will host a second public forum on the politically destabilizing use of drones with Alex Neve, secretary general of Amnesty International Canada, and John Packer, constitutions and process design expert, UN, on Monday, Nov. 25 at 7 p.m. at DMS 12102 in the Desmarais building, 55 Laurier Ave. E., University of Ottawa. METRO

Decorating contest

Trimming the tree for CHEO

The Fairmont Château Laurier will be hosting the 16th annual Trees of Hope for the Children at the CHEO on Monday at 6:30 p.m. A kickoff to the festive season, the annual tree-decorating contest is one of the season's most important fundraising events for the Children's Hospital of Eastern Ontario.

By night's end, 25 trees decorated with the themes Satin and Snowflakes and Treasures of the Season will be put on display throughout the Fairmont Château Laurier for the upcoming holiday season, and an estimated 8,000 hotel guests will get to vote for their favourite tree. With 25 companies participating, the hotel expects to raise more than $50,000.

The Trees of Hope Silent Auction and Lighting Ceremony offers over 100 auction items, including a variety of Fairmont Hotels and Resorts experiences, spa packages, art, toys and much more.

DENIS ARMSTRONG/METRO

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First Nations exposed to toxins in Ontario's 'chemical valley'

Pollution hot spot. 40 per cent of Canada's chemical industry is clustered at the southernmost tip of Lake Huron between Ontario and Michigan

A new study is drawing attention to the health problems being faced by a First Nations community living near one of Canada's most industrialized areas.

Members of the Aamjiwnaang First Nation living on a reserve near Sarnia, Ont., have long suspected harmful chemicals were behind an unusually low male birth rate and slew of other reported health issues.

Now, tests performed by a McGill University professor suggest mothers and children are being exposed to higher-than-average levels of harmful hormone-blocking pollutants.

While the study doesn't prove that the pollutants are to blame for earlier research that found baby girls outnumbered boys by a two-to-one ratio in the community, it does suggest a possible link.

The reserve at the centre of the study is located near a patch of southern Ontario that some environmental activists call "chemical valley."

There are 60 industrial facilities found within a 25 kilometre radius of Aamjiwnaang lands.

Health problems

A 2006 community survey by Aamjiwnaang's environment committee cited a number of health issues, including miscarriages, chronic headaches and asthma.

- Forty per cent of band members surveyed required an inhaler.

"It's the first study to really show that mothers and children in the area are exposed to a number of pollutants," said Niladri Basu, a McGill professor and the study's lead author.

More detailed research is needed to establish a connection between pollutants, health risks and the surrounding environment, Basu said.

Residents of Aamjiwnaang have been calling for such a study for years, though a lack of funding continues to impede more detailed research.

Ada Lockridge, who helped found Aamjiwnaang's environmental committee, said pollution is a fact of life for the reserve's roughly 800 residents.

Like others in the community, Lockridge keeps a special plastic bucket — as part of a group known as the "bucket brigade" — to collect environmental samples that can be tested for toxins whenever the air seems especially poor. The results are sent to a U.S.-based monitoring organization.

THE CANADIAN PRESS

Old bones

Vatican displays remains said to belong to St. Peter

The Vatican publicly unveiled a handful of bone fragments on Sunday purportedly belonging to St. Peter, reviving the scientific debate and tantalizing mystery over whether the relics found in a shoe box truly belong to the first pope.

The nine pieces of bone sat nestled like rings in a jewel box inside a bronze display case on the side of the altar during a mass commemorating the end of the Vatican's year-long celebration of the Christian faith. It was the first time they had ever been exhibited in public.

THE ASSOCIATED PRESS

Canadian soldiers

Shaky morale among troop trainers: Army

Coming down from the institutional high of fighting a war is something the Canadian Army has grappled with almost from the outset of its mission to train Afghan forces, newly released documents show.

A survey conducted by the army found morale was shaky among the first set of Canadian troops who deployed to train the Afghan National Army following the end of Canada's five-year combat mission in Kandahar.

THE CANADIAN PRESS

London dishoveled by first big snowfall

Evelyn McLean, a third-year MIT student at London, Ont.'s Western University, clears the sidewalk in front of her house. Ontario got its first real blast of winter on the weekend, with London seeing 30 centimetres of snow, forcing the city to shut down its community centres and pools. MARK SPOWART/FOR METRO IN LONDON, ONT.

Catch-22. Legal pot in U.S. could spell trouble for Canadian travellers

Todd Spaits believes his home state of Washington could one day be the Amsterdam of the United States, with everyone from die-hard pot heads to the curious but uninitiated visiting for the novelty of legally buying and smoking marijuana.

And Spaits, who has already applied for a licence to open a retail store in the Seattle area once the state implements its legalization scheme, hopes Canadians will be among his customers.

"It's going to be similar to an Amsterdam trip: You're just going to go into a shop and look around, and if you do enjoy smoking, you're going to buy something, just to be part of that movement," says Spaits, 39.

But legal experts warn anyone heading into the United States planning to indulge in legal marijuana could run into problems if they disclose those plans at the border, with customs officers who enforce federal, not state, laws able to use information about travellers' pot smoking habits to turn them away or even bar them from entering indefinitely.

A man smokes cannabis in a coffee shop in Amsterdam. Will new laws make Washington state the U.S. equivalent? JASPER JUINEN/GETTY IMAGES/FILE

THE CANADIAN PRESS

Australia. Canadians arrested on drug charges

Three Canadians are facing serious drug charges in Australia after they were arrested at Melbourne airport.

The Melbourne Herald Sun reports a 20-year-old Canadian man and two women, aged 19 and 17, were arrested last Monday and accused of trying to smuggle 17 kilograms of heroin into the country.

The newspaper says a fourth person — a 21-year-old man from the Netherlands — was arrested with the Canadians after the suspects got off a flight from China.

Border security officers say an X-ray scan detected a white powder hidden in the false bottoms of their luggage, and that initial testing suggested the substance was heroin.

The four appeared in court last Tuesday and at least three of them were remanded into custody until February.

THE CANADIAN PRESS

Iran's President Hassan Rouhani kisses the head of Armita, the daughter of Iranian researcher Darioush Rezaeinejad, who was assassinated in 2011 after Iran and world powers came to an agreement in Geneva on its nuclear program.
IRAN'S PRESIDENCY OFFICE, MOHAMMAD BERNO/THE ASSOCIATED PRESS

Iran agrees to curb nuke activity

Breakthrough deal. Commits Iran to freeze its nuclear activities for six months; allows time to negotiate a better deal

Iran struck a historic deal Sunday with the United States and five other world powers, agreeing to a temporary freeze of its nuclear program in the most significant agreement between Washington and Tehran in more than three decades of estrangement.

Iranian President Hassan Rouhani endorsed the agreement, which commits Iran to curb its nuclear activities for six months in exchange for limited and gradual sanctions relief, including access to $4.2 billion from oil sales. The six-month period will give diplomats time to negotiate a more sweeping agreement.

It builds on the momentum of the public dialogue opened during September's annual UN gathering, which included a 15-minute phone conversation between President Barack Obama and moderate-leaning Rouhani, who was elected in June.

The package includes freezing Iran's ability to enrich uranium at a maximum five per cent level, which is well below the threshold for weapons-grade material and is aimed at easing Western concerns that Tehran could one day seek nuclear arms.

Obama hailed the pact's provisions, which include curbs on Iran's enrichment and other projects that could be used to make nuclear arms, as key to preventing Iran from becoming a nuclear threat.

"Simply put, they cut off Iran's most likely paths to a bomb," he told reporters.

For Iran, keeping the enrichment program active was critical. Iran's leaders view the country's ability to make nuclear fuel as a source of national pride.

THE ASSOCIATED PRESS

Strange bedfellows

Israel and Western-allied Gulf countries led by Saudi Arabia have formed an unlikely alliance in their opposition to Sunday's deal, joined together by shared concerns about a nuclear-armed Iran and Tehran's growing regional influence.

- Israel's PM harshly condemned the deal and Saudi Arabia remained conspicuously quiet.
- Israel's Benjamin Netanyahu said the world had become a "more dangerous place" as a result of the deal.

Skeptical

Baird takes tough stance on new deal

The Canadian government was "deeply skeptical" on Sunday of Iran's agreement to temporarily freeze its nuclear program, saying Ottawa's sanctions against the regime would remain firmly in place until the new deal's words turned into actions.

Foreign Affairs Minister John Baird took a stronger stance on the newly brokered deal than the United States and other allies, saying Canada would be watching Iran closely.

"We have made-in-Canada foreign policy," he told reporters on Sunday.

"We think past actions best predict future actions. And Iran has defied the United Nations Security Council, it has defied the International Atomic Energy Agency. Simply put Iran has not earned the right to have the benefit of the doubt." Baird added "every diplomatic measure" should be taken to ensure Iran never obtains nuclear weapons. THE CANADIAN PRESS

Tough new law curtails gatherings in Egypt

Egypt's interim president on Sunday banned public gatherings of more than 10 people without prior government approval, imposing hefty fines and prison terms for violators in a bid to stifle the near-constant protests roiling the country.

The new law is more restrictive than regulations used under the rule of autocrat Hosni Mubarak, overthrown in Egypt's 2011 uprising that marked the start of unrest in the country.

Rights groups and activists immediately denounced it, saying it aims to stifle opposition, allow repressive police practices and keep security officials largely unaccountable for possible abuses.

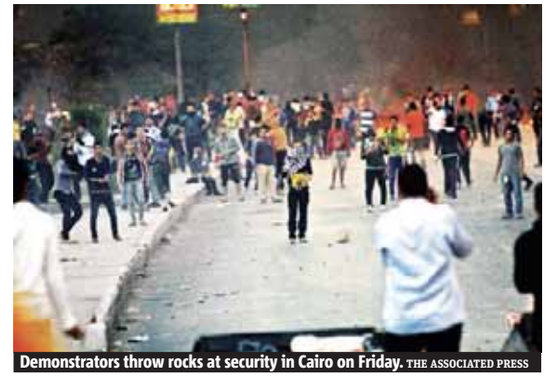
"The law is giving a cover to justify repression by all means," said Bahy Eddin Hassan, head of the Cairo Institute for Human Rights Studies, one of the local groups that had campaigned against the law.

The military-backed government first floated the law in October. Interim President Adly Mansour approved a slightly amended version Sunday, which removed a proposed ban on sit-ins and a draft portion criminalizing "insulting the state."

The law requires three-day prior notice for protests. It grants security agencies the right to bar protests or gatherings, including election-related meetings of political parties, if they deem it a threat to public safety or order. Shaima Awad, a member of the Muslim Brotherhood's political party, said protests would continue, calling the law "nonsense."

A similar law to regulate protests was hotly contested when Islamist President Mohammed Morsi was in office. It never passed.

The new law also bars gatherings in places of worship. THE ASSOCIATED PRESS



Demonstrators throw rocks at security in Cairo on Friday. THE ASSOCIATED PRESS

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Waging a war against the F-bomb

fbomb.co. A 22-year-old student hopes his site will get Twitter users to think before dropping the F-word

It gets dropped without warning and can strike anywhere in the world, laying waste to rational arguments and leaving a trail of offended sensibilities in its wake.

But the linguistic threats posed by the F-bomb on Twitter pale in comparison to its entertainment value, according to a Canadian computer science student who has made it his mission to track the global prevalence of this word-based weapon on the social networking site.

Martin Gingras's fascination with the popular profanity prompted him to create fbomb.co, a website that tracks the use of the word in real time.

By combining features from two of the web's most widely used applications — Google Maps and Twitter — the site allows readers to observe where in the world F-bombs are falling. THE CANADIAN PRESS

A young Emily Post?

Martin Gingras said his personal distaste for swearing may have given his otherwise light-hearted venture a bit of an agenda after all.

- "It's more of an entertainment thing, but once people are on it, hopefully they read through a couple and realize how ridiculous it sounds."

Learning from wise old owls

Inspired by a collection of Canadian owl feathers, an international team of engineers is studying the nocturnal birds of prey, hoping the mysteries of their stealthy flight might lead to improvements in the design of everything from aircraft to submarines. THE CANADIAN PRESS

New frontier. U.S. warship boldly using electric propulsion for first time

Captain Kirk's futuristic-looking vessel sports cutting-edge technology, new propulsion and powerful armaments, but this ship isn't the Starship Enterprise.

The skipper of the stealthy Zumwalt is Navy Capt. James Kirk, and yes, he's used to the jokes about the name he shares with the TV starship commander played by actor William Shatner.

Kirk takes it in stride.

"I don't take any offence," he told The Associated Press in an interview. "If it's a helpful moniker that brings attention to help us to do what we need to do to get the ship into the fleet and into combat operations, then that's fine."

While it's no starship, the technology-laden Zumwalt taking shape at Maine's Bath Iron Works is unlike any other U.S. warship.

The Navy's largest destroyer will feature a composite deckhouse with hidden radar and sensors and an angular shape that minimizes its radar signature. It's the first U.S. surface warship to use electric propulsion, and its power plant is capable of producing enough electricity to light up a small city and to power future weapons like the electromagnetic rail gun. THE ASSOCIATED PRESS

The next generation of warships: The stealthy Zumwalt destroyer moored at Bath Iron Works, in Bath, Maine. ROBERT F. BUKATY/THE ASSOCIATED PRESS FILE

A resounding no

Switzerland rejects plan to cap top managers pay

Swiss voters soundly rejected on Sunday a proposal to limit the pay of companies' highest-paid managers to 12 times that of their lowest-paid workers, a plan that business leaders had warned could weaken the prosperous nation's economy.

Initiatives need a majority of both voters and cantons (states) to pass in a referendum; by Sunday afternoon, results from 20 of the 26 cantons were in and all had voted against. THE ASSOCIATED PRESS

Canada's seal hunt

WTO to rule on seal products

Advocates for and against Canada's commercial seal hunt will be watching Monday as the World Trade Organization rules on the EU's ban on imported seal products. THE CANADIAN PRESS

Horse people

Riders say neigh to steep riding school tax hike in France

Thousands of riding enthusiasts, many atop ponies, are protesting a sales tax increase they say will make riding lessons too expensive and force many schools to close.

In January, France plans to nearly triple the value added tax on riding schools to bring it in line with EU regulations. But the move has angered horse people, who complain that it will erode an important piece of rural culture, already struggling to recruit enough clients in a poor economy. THE ASSOCIATED PRESS

Random biz fact of the day

16

On average, job seekers use 16 different sources when searching for a job.

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Douglas Coupland

Douglas Coupland's latest novel, Worst. Person. Ever., is available from Random House Canada.

Day 16

metronews.ca/temp

Worker satisfaction

Maybe we don't have it so bad

Canada has some of the most satisfied workers compared to the rest of the world, according to a recent survey by Monster.ca.

Canada tops the chart with 64 per cent of workers saying they love or like their job, followed by the Netherlands (57 per cent), India (55), the United States (53) and the United Kingdom (46).

PHOEBE HO/FOR METRO

ISTOCK

Skill acquisition

Ready and willing to learn

Canadian workers are willing to learn a new skill set to open up opportunities, according to Hays Canada's What People Want 2013 survey, with 88 per cent saying they are either planning to or will consider acquiring new skills to take advantage of shortages in other industries.

PHOEBE HO/FOR METRO

Temp Gets Fired!

Here's the thing: I've been fired before and couldn't have cared less, but getting fired from TWK stung.

"You let yourself get attached, Shanny," said my sister Amy. "The No. 1 law of temping: Never bond." She was helping me self-medicate with grape popsicles and a Kate Winslet DVD marathon. I was in pajamas at four in the afternoon and my life had devolved into the third panel of a Cathy cartoon where she stares into the void and emotionally implodes. "The only reason anyone hires anyone is to help them make money. The moment you can't do that, they'll chew your face off and toss the remains into a dumpster."

"That's not true. I liked it at TWK."

"Have you tried calling Mr. Shoeman?"

"He's on an energy retreat in the countryside."

"China has a countryside?"

"You're right. He's probably at World Extreme Cageboxing."

"What about Kyle?"

"He showed up to take Sarah to lunch just as I was leaving. I couldn't talk to him. God only knows what Sarah told him about me."

"Shannon, how do you think Kate Winslet manages to always lose weight?" Amy's attention span is limited. Discussion of my temping was over.

The doorbell rang. I live in a basement suite and it's not the easiest place to find, so for someone to locate me takes work. I opened the door: It was Sarah No. 1, so I closed the door, but she started banging on it. "Let me in! Shannon, I was horrible! I deserve this! Let me explain!"

I opened the door. "Explain what?"

"I just got fired."

"So what? I'm waiting for whatever it is you're going to explain."

"Let me come in?"

"Oh God. All right. Shoes off. Would you like a grape popsicle?"

She came into the TV area and I introduced her to Amy. "We're having a Kate Winslet marathon." Amy hit pause.

Sarah looked at the frozen frame. "How does that woman always manage to lose weight so regularly?"

"Excuse me, Sarah — my explanation?"

"There is no explanation. I came here because I couldn't think of anyone else to visit. I have no friends. They all got married and this would just make them happy about their decision to do so."

"So you came to me because I'm a failure and won't judge you harshly?"

"To be honest, sort of. Yeah. You seem like your head's screwed on right. I like the way you never took crap from anyone at TWK — and your 'random fact of the day' was always funny. And yesterday I got to see the human side of you."

"I like the way you never took crap from anyone at TWK — and your 'random fact of the day' was always funny."

"I'm deeply flattered." The three of us sat there in silence and then I figured it out: "Wait — you just want to know what my secret plan is so that you can get in on it."

"Well, yeahhhh!"

I paused a second. "OK."

TO BE CONTINUED...

Random fact of the day

What a buzz kill.

- Elephants use skin folds on their backs to crush mosquitos. SOURCE: PICSTACHE.COM

Random biz fact of the day

47%

Almost half of recruiters say candidate compensation increased from 2011 to 2012.

SOURCE: WORKOPOLIS

iamtemp

WE HEART IT/TUMBLR

TEMP iz on Tumblr

Follow iamtemp on Tumblr for random musings on all things TEMP, from zombie pandas and choose-your-own surf & turf to Ron Swanson lunchables, raccoon dance parties and Lego doctors battling the NoroVirus (in German, of course). Plus, find sneak peeks of future episodes of TEMP. Check it out at iamtemp.tumblr.com.

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WHY DOESN'T ANYONE LIKE OC TRANSPO?

URBAN COMPASS

Steve Collins
ottawa@metronews.ca

The transit commission passed its 2014 draft budget, featuring a 1.9 per cent fare increase for customers, with relatively little discussion of those customers' steadily dwindling numbers.

OC Transpo's latest performance report shows that ridership in the third quarter of 2013 sank 3.9 per cent from last year, and the bleeding over the twelve months between October 2012 and September 2013 was 3.2 per cent compared to the same stretch the year before.

It gets worse. Not mentioned in the report is that 2012's numbers themselves were down 2.4 per cent from 2011.

When the numbers started tanking last year, Transpo floated numerous possible reasons: nice weather, the growing popularity of cycling, a dip in gas prices, but they've since gravitated to cuts in the public service, the city's biggest employer, as the go-to explanation.

This story has the advantages of plausibility (some 14,300 jobs have disappeared here) and of putting the blame squarely on another level of government.

But since the 2014 budget is assuming, against the trend, a modest increase in ridership, from 98.5 million to 98.8 million, it might be worthwhile for the city to look at some of the factors actually within its control that might also be keeping riders off the buses.

It may just be an uncanny coincidence, but ridership peaked in 2011. In the final quarter of that year, riders experienced the Great Optimization, a $20-million service cut in which "underperforming" routes were eliminated or reduced in frequency. Assurances that 93 per cent of passengers either wouldn't notice the difference or would actually see an improvement proved fanciful, if not hilarious.

For transit rider Linda Kinsella, the resulting longer waits at isolated stations aren't just an inconvenience, they're a safety hazard.

"I have not felt safe taking OC Transpo," she told the commission. "In fact I have actually found excuses not to take the bus, whether it's getting a ride to do my groceries or rides homes from meetings and that, particularly at night."

Commissioner Marilyn Wilkinson noted that this year's budget once again contains no new routes to high-growth suburbs: "Somewhere along the line OC Transpo has to recognize that most of the population growth in the city is outside the greenbelt. We reduced the service there a few years ago, so we now have 30 per cent more people with less service than we used to have and it's no wonder people aren't using the bus that much."

And then there's price. Commission chair Diane Deans was emphatic in pointing out that the proposed increase to the most expensive bus ride in Canada — 1.9 per cent on average — is the lowest in the past nine years, and a big improvement from three consecutive 7.5 per cent jack-ups riders absorbed during the last council.

But those past increases didn't go anywhere. Riders are still paying them, and asked to rejoice that they're only getting a little extra kick in the pockets this year. Also, that 1.9 is the average increase. If you're travelling on a community pass, you're expected to take a whopping 16.4 per cent hit, to bring your soaking in line with that of seniors.

And still ridership mysteriously declines.

ZOOM

High alert for Mount Sinabung

DEDY ZULKIFLI/THE ASSOCIATED PRESS

Indonesian volcano repeatedly erupts

Mount Sinabung spewed volcanic material as seen from Karo, North Sumatra, Indonesia, on Sunday. Indonesian authorities raised the alert status for one of the country's most active volcanoes to the highest level after the mountain repeatedly sent hot clouds of gas down its slope following a series of eruptions in recent days. THE ASSOCIATED PRESS

How high?

2,600 m

The 2,600-metre-high mountain has sporadically erupted since September after being dormant for three years. Mount Sinabung unleashed fresh volcanic ash and gravel as high as 5,000 metres and searing gas down its slope up to two kilometres, said a government volcanologist, Surono, who like many Indonesians uses one name.

Villages evacuated amid ash, smoke

About 12,300 evacuees from eight villages around the mountain were packed Sunday in crowded government camps away from the fiery crater, while more than 6,000 others fled earlier to temporary shelters in 16 safe locations, said National Disaster Mitigation spokesman Sutopo Purwo Nugroho.

The volcano's last eruption, in August 2010, killed two people and forced 30,000 others to flee. It caught many scientists off guard because it had been quiet for four centuries.

Mount Sinabung is among around 129 active volcanoes in Indonesia, which is prone to seismic upheaval due to its location on the Pacific Ring of Fire, an arc of volcanoes and fault lines encircling the Pacific Basin.

THE ASSOCIATED PRESS

Clickbait

HANNAH ZITNER
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Nearly a month after Instagram opened its virtual doors to paid advertising, sponsored posts have likely been popping up in your feed. Not that brands weren't welcome before, but pre-monetized Instagram, brands were treated the same as any other schmoe posting filtered pics. Now, with cash pushing photos through your feed, here's a look a some brands making their way into your screen:

MICHAELKORS/INSTAGRAM

Michael Kors:

Posted three weeks ago, Michael Kors was one of the first brands to take advantage of the new setup. Using #MK-Timeless, their 'pampered in Paris' post (pictured) has been liked 230,000 times. While many Instagrammers were not so pleased with pampered in Paris, the brand did gain between 33,000 and 34,000 new followers in 18 hours. #StreisandEffect?

General Electric:

I know, I know — jet engines hardly seem the type to get all filtered up and passed around. But the Boeing's #GE90 pic was liked 59,000 times. Jets, who knew?

Burberry:

Though they've been posting since the early days of Instagram, rumour has it they're now using sponsored content (disclosure: I have not seen it yet). While I can say with certainty I'm not Burberry's target market, I have to admit their photo stream is creative (and pretty).

Twitter

@metropicks asked: Where in the world is the F-bomb dropping? One Ottawa student tracks its use at fbomb.co. When do you tweet profanity?

@robin_writing: this is pretty cool- it really is all about context

@thatguy666: reminds me of http://alotsafari.com/ just using another word.

Follow @metropicks and take part in our daily poll.

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Job Hunting Tip: Book your interviews for after November 30th.

In addition to over 6,000 new online job postings every week, we also have the right advice and tools to help you along the way. So you can be certain you're putting your best face forward. It's what makes Workopolis Canada's number one job site.

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WORKOPOLIS

"Number one job site" based on six-month average online job postings for period ending October 31, 2013. Comparison between Workopolis and all other major paid online job boards. Does not include online classified sites or job posting aggregator sites. Statistics provided by WANTED Technologies. © 2013 Workopolis.

Ebooks

The Things They Carried

By. Tim O'Brien

Audible.com

MIND THE APP
Kris Abel
@RealKrisAbel
scene@metronews.ca

Produced by Tom Hanks, this collection of Vietnam war stories explores the personal artifacts and memories carried by soldiers as coping strategies, superstitions and habits of endurance. Bryan Cranston (Breaking Bad) narrates, capturing with perfect attitude a cast of voices gruff with uncertainty, panicked by youth and haunted by loss. These are personal journeys, unexpected and masterfully told.

Box office

Money to burn

The Hunger Games sequel Catching Fire opened with $161.1 million at the box office, narrowly besting the original film and setting a record for a November opening. The result, from studio estimates Sunday failed to dethrone the year's biggest box-office opening of $174 million for Iron Man 3. But it did best the previous top November opening of $142.9 million by Twilight Saga: New Moon. THE ASSOCIATED PRESS

Winona Ryder stars in Homefront, which opens Wednesday. CONTRIBUTED

Ryder on the Homefront

Arm candy role.
Actress talks Lou Reed and being a biker chick in her latest film

NED EHRBAR
Metro World News in Hollywood

Sure, Winona Ryder has a movie to promote — the Jason Statham-starring Homefront — but she'd much rather talk about Lou Reed, if that's OK. "I was supposed to see it (Homefront), but then Lou Reed died and I had to go to his memorial. And you know, I just haven't been able to. But I usually see something before talking about it," Ryder says with a laugh. "And it's also my first 'this' kind of movie."

The movie she speaks of is about a former drug enforcement agent who moves to a seemingly-idyllic town with an underbelly of drugs and violence. But before discussing the flick, Ryder has some things to say about Reed.

I've heard (Lou Reed) was one of the toughest people to interview.
Ethan Hawke — who worshiped him — met him somewhere and they were somehow exchanging numbers. Ethan was giving him his number and it was a 917 (a New York area code) number — it was right when (those were new) — and he said Lou was like, "What?" Like he was too cool for the new area code. Ethan was mortified, but it was kind of like, "He's Lou Reed. He can think that that's not cool."

You mentioned this is your first of "one of these kinds of movies." What was behind the decision?
Well, part of it was that I'd never done anything like this. I was kind of surprised they offered it to me. It kind of read like arm candy — which was kind of appealing to me. "Eh, I'm just a biker chick, arm candy in one of these movies. I've never done that, it could be fun!" And then also just honestly a big pull was James (Franco) because we're friends. I was like, "Are you really going to do this Homefront thing?"

You do come off as more interesting than just arm candy.
Oh good. It's just, there's not a lot of logic in these movies. It was an experience. I don't know if I'll do another thing like that. I did a thing right after that was like the opposite, this really great David Hare thing got Christopher Walken and Bill Nighy and Ralph Fiennes, and it's about the bringing down of Tony Blair. It's all words and brilliant and about detention centres being built and money-laundering. So to go from this to that, it's kind of like that thing where I'm glad that I'm older because I would hate to be the ingenue now. It just seems like it would be tough these days.

Old becomes new

Winona Ryder figures she's hitting that age where everything old becomes new again. In 1994, she played Jo March in the film adaptation of Louisa May Alcott's novel Little Women and she was surprised to learn that Hollywood is going to revisit the material once again in a new film version. "I saw Christian Bale (who plays Laurie in the 1994 version) and I was like, 'Hey, what the hell?' It's just weird when they're redoing your (old stuff)."

Allison Janney is more than just a Mom

Gifted and gracious.
Actress adds another role to her repertoire in new Chuck Lorre sitcom

Allison Janney extends the maxim that the best actors can entertain simply by reading a phone book. She manages with commercials.

Her voice is warm and burnished with compassion on radio and TV voiceover spots for a health-care provider, possibly the most melodic soft-sell ever.

Then there's her real craft. Consider, for instance, her sharp, take-no-prisoners delivery as C.J. Gregg in The West Wing, and her manic chatter as a blowsy woman in the indie film The Way Way Back.

Or enjoy the sly purr she employs as Bonnie, a wayward but good-hearted parent and grandparent who's trying to stay reformed in the new CBS sitcom Mom (9:30 EST Monday). Anna Faris co-stars as her similarly imperfect daughter.

"It's acting," Janney said.

"I feel like actors like to be challenged and play all different types of roles. For whatever reason, I've been given the opportunity to do so."

That reason, of course, is she is an enormously gifted and appealing performer with a range that's second to none. Her talent has been on display on Broadway, where she earned Tony nominations for 9 to 5 and A View from the Bridge, and in movies including American Beauty and Drop Dead Gorgeous.

With Mom, Janney sees the best of both worlds, a combination of humour with "serious moments of love or disappointment or fear," not just what she calls the "joke-joke-joke-joke" barrage typical of many TV comedies.

She admits to nervousness at work, from the initial script reading to just before the taping begins. It's characteristic, she said, but also stems from working for a TV comedy master, Chuck Lorre, whose hits include The Big Bang Theory and Two and a Half Men.

"It's scary to do a run-through for Chuck. I don't want to mess it up or miss a laugh," she said.

But Lorre, it seems, is putty in her hands.

"Allison is a writer's dream come true. She can literally do anything. And do it brilliantly," the writer-producer wrote in an email.

THE ASSOCIATED PRESS

Zac Efron. ALL PHOTOS GETTY IMAGES

Efron getting lots of bedside attention

Zac Efron may be dealing with his mouth being wired shut after breaking his jaw, but at least he's not suffering alone. Sources tell Radar Online that Efron's rumoured girlfriend Lily Collins is nursing him back to health.

"Zac is so grateful for Lily. She's being so sweet with him and is going above and beyond to take care of him," a source says.

"She makes him healthy smoothies he can drink through the wire and she's really good emotional support for him right now."

Kelly Osbourne

Osbourne's silence is golden

You won't be hearing from Kelly Osbourne for a bit, as the Fashion Police co-host has been ordered to keep her mouth shut for health reasons.

"According to my (doctor) I have pre-vocal nodes and am on vocal rest for the next two weeks," she posted to Instagram.

"That's worse than prison for me."

She also posted a photo taken down her throat of the nodes that is not for the squeamish.

"This is disgusting," Osbourne wrote. "How much do my vocal cords look like a vagina?"

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop Goes the Week

Crazy is as crazy does

STARGAZING
Malene Arpe
scene@metronews.ca

This week in pee: 1) Eminem says that the only way he could possibly top Kanye West's controversial BBC interview would be to pee on the floor. 2) Christian Bale reveals he told Ben Affleck to make sure his bat suit would allow him to "take a pee without anyone having to help him, because it's a little bit humiliating." 3) Andy Cohen says he made perfume from Lady Gaga's urine after she relieved herself in a bucket on the set of Watch What Happens Live. 4) I may, possibly, for sure, have wet myself when I heard Monty Python is planning a reunion.

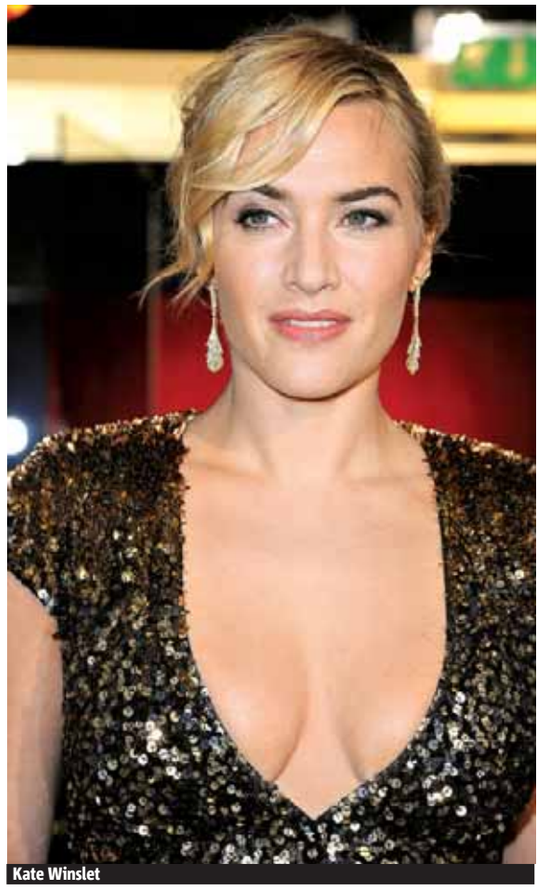
Dakota Johnson, who will star in the movie, insists 50 Shades of Grey is "an incredible love story." She then describes One Direction's music as "something that will surely stand the test of time" and notes that Agents of S.H.I.E.L.D. is "the best new TV show in 20, nay 25, years."

This week in back together? 1) There are rumours Ryan Gosling and Rachel McAdams are seeing each other again. 2) Former couple Taylor Swift and Harry Styles may be secretly dating. 3) Robert Pattinson and Kristen Stewart are reportedly sneaking around with each other. 4) There are whispers about Nina Dobrev and Ian Somerhalder having picked up where they left off. 5) It appears the celebrity dating pool has officially dried up. Very, very carefully consider what you do next, Katie Holmes.

Nicole Kidman says in a brand-new interview that winning the Oscar for The Hours showed her "the emptiness of her own life." Later she says that reading her own quote showed her "the inanity of things people will say in interviews."

James Franco's students complain that he falls asleep while teaching. It's completely true. How else would he get material for his multi-media exhibit/coffee table book James Franco's Students Complain He Falls Asleep While Teaching?

Evan Rachel Wood says she doesn't plan to reveal her son's name. Which explains why the boy's grandparents are pestering friends and neighbours with cute photos of Baby Boy We Have No Idea.



Kate Winslet

Family comes first, no matter how big Winslet's arse may get

Actress Kate Winslet, who turned 38 last month and is expecting her third child (her first with hubbie Ned Rocknroll) says she doesn't care about losing the baby weight. Winslet's fluctuating weight has been a popular topic of discussion over the years, in an industry obsessed with superskinny bodies.

Recently Winslet told Italian Vanity Fair: "Honestly, among my acquaintances there is no woman wearing XS. No, sorry, there is one: my daughter. The point is that Mia is 11 years old."

While she believes in being fit and healthy, Winslet says her top priority after giving birth will be spending time with her family — not hitting the gym.

As she told Time Out: "I don't want to spend time thinking about the size of my arse."

Twitter

@MarlonWayans
Oh God it hurts

@ElizabethHurley
Loathe tidying up. No matter how good my intentions, I always end up with more chaos than when I started. Gloom.

@mindykaling
sipping a mai tai and eatin poke while an enormous guy with a silky voice plays a cover of Coldplay's Yellow on a ukelele

Flu season

Faking it?

IT'S ALL RELATIVE
Kathy Buckworth
Kathybuckworth.com

Here are guidelines to tell if a member of your family is really sick or faking.

•Child: Fortunately, most children are very bad actors/liars. You know they're faking their illness if they: A) have a test at school that day B) clutch their stomach seconds after bounding down the stairs and punching a brother on the way C) are hovering suspiciously near a heating vent with a thermometer, or D) ask, "What happens if I feel better around four?" noting a hockey game on the schedule for later that day. A gentle reminder about their negotiating position when it comes to extended curfews is recommended.

• Husband: Guys can be tricky. Some are entirely stoic about broken bones, huge bleeding wounds, and things that went snap, but the slightest sniffle can have them heading for the nearest couch wrapped in a Snuggie. The "man-flu" is well documented and needs no additional space here; we've all had the flu, it sucks, get over yourself. You don't need to announce every little symptom and sigh every 10 minutes. Bottom line? Who cares if he's sick? He's an adult. Let him figure it out.

•Wife: Because she says so.

EXCERPTED FROM KATHY BUCKWORTH'S I AM SO THE BOSS OF YOU: AN 8 STEP GUIDE TO GIVING YOUR FAMILY THE BUSINESS, PUBLISHED BY MCCLELLAND & STEWART, 2013, AND RECENTLY OPTIONED BY WARNER BROTHERS TELEVISION. KATHYBUCKWORTH.COM

Exclusively online

It's one of the biggest parenting challenges of the season: creating the perfect holiday greeting card. Check out this week's exclusive Metro content from Lyranda Martin Evans and Fiona Stevenson, authors of the hilarious bestselling book Reasons Mommy Drinks, at metronews.ca/voices.

Join the laughter on twitter @mommyreasons.

Tot-sized good and evil

Q&A. Researcher Paul Bloom seeks to answer whether babies are moral beings

According to developmental psychologist Paul Bloom, babies have the capacity for empathy and compassion. ISTOCK

Are we naturally good or naturally evil? Cognitive scientist Paul Bloom argues in a new book that we're both.

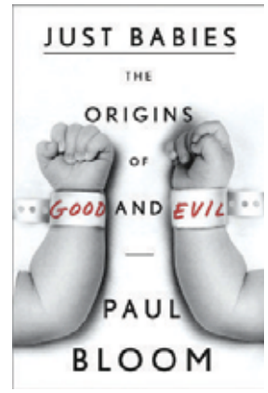
In Just Babies: The Origins of Good and Evil (Crown), the developmental psychologist and Yale professor takes on the nature of morality and vast research spanning evolutionary biology to philosophy, drawing on everyone from Sigmund Freud to Louis C.K.

His conclusion? Babies have the capacity for empathy and compassion, possess a limited understanding of justice and have the ability to judge. Yet they navigate not along colour lines but as Us versus Them, usually landing squarely in the Us camp.

What light do you shed on the "moral sense" of babies?

We're born with this extraordinary moral sense. A sense of right and wrong just comes naturally to humans and shows up in the youngest babies we can study. But this morality is limited. I think tragically limited. So we are morally attuned to those around us, to our kin, to our friends, to those we interact with, and we are utterly cold-blooded toward strangers. To some extent I think babies are natural-born bigots. They are strongly attuned to break the world into Us versus Them and have no moral feelings at all toward the Them, and this shows up all through development.

So in some way, although a lot of morality is inborn, I think the great success of humans ... is expanding and transcending this inborn morality.



Where do serial killers come from?

Serial killers are very unusual people. ... We know that there's genetic differences in people's empathy, in people's compassion and how much they care about other people, in their ability to control violent rages, for example, and I'm sure a serial killer is somebody who has the genetic short end of the stick. Then you toss in certain environments. Your typical serial killer had a very unhappy childhood.

You write about conflicts in research on racial bias in young children.

For kids there's a lot of evidence that they're very strongly biased on Us versus Them if you get them to do it on the basis of things like different coloured T-shirts, for example, but race and skin colour isn't an automatic way of dividing up the world. So you take a two- or three-year-old and typically a two- or three-year-old shows no signs of being racist in any way. When you get older, if kids are in an environment when blacks and whites interact and they're totally mellow with each other and there's not much conflict, they'll see black and white but it won't matter at all. If you're in an environment where it matters then it will matter. Children are extremely prone and very ready to divide the world into groups, but the groups that they focus on is determined through learning. THE ASSOCIATED PRESS

Use tough times as teachable moments

Julianne Harvey, centre, with her daughter Ava, 10, and son William, 7. JEFF MCINTOSH/ THE CANADIAN PRESS

When Julianne Harvey learned her first grader was being picked on last year, her initial instinct was to fix the problem.

But advice from her mother-in-law — who was a longtime elementary school teacher — gave the author and mother of two a fresh perspective.

"She told me: 'Your job is to teach him to stand up for himself. You're not always going to be there to manage things for him, so you need to give him those skills,"' Harvey recalled.

Neuropsychologist Sam Goldstein, co-author of Raising Resilient Children, said individuals learn to deal with adversity by being given the opportunity in a supportive environment to try and learn from their mistakes.

"Resiliency is a process that enables you to function well in the face of adversity," he said from Salt Lake City. "The data's pretty clear that if parents would like their children to be more capable of managing stress, then we have to stress-inoculate them — even from young ages."

Most of the time, children aren't taught resiliency unless they're going to be exposed to a stressful situation, noted David Wolfe, director of the CAMH Centre for Prevention Science in London, Ont.

"We're trying to teach them normal coping methods, and the confusion that comes about with parents — whether it's overblown or not — is: 'Somehow my kid's going to fail. They're not going to cope well; they're going to collapse; they're going to have a disorder,'" said Wolfe, a psychologist and author specializing in issues affecting children and youth.

"A little bit of stress is good. This is an axiom that's been around for a long, long time," he added. "Without stress, a person doesn't learn to cope and they can't live on their own. They can't live independently. They expect everything to happen the way they want it. The balance is between too much stress and enough stress." THE CANADIAN PRESS

'Round the world wisdom

Pop your bubble and learn to thrive

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10, and the Sahara Race in Egypt in '11. In this post, I share a lesson about life, learned from the desert.

LESSONS FROM THE DESERT
Stefan Danis
life@metronews.ca

Take a walk on life's uneasier side every so often. ISTOCK

We are frequently struck with an idea that takes us out of our comfort zone, yet rarely do we throw caution to the wind and sail towards opportunity.

Encountering hardships in 2008, I sought out a positive challenge that would stand to counter my struggles. Running the Gobi Desert seemed like the perfect challenge: "If I can run the desert, I can handle anything," I told myself.

I trained hard to reinvent myself as a runner, and from a standing start, within five short months I found myself in the Gobi Desert, lacing up my running shoes for a six day race.

At 7 a.m. we took to the startling line. I was terrified. Five hours later, I had finished my first marathon ever. I then did the same, on days two, three and four. On the fifth day I ran 85 km (two marathons), a distance I never imagined walking let alone running.

Every part of the journey was foreign to me. Whenever I stopped to ponder the enormity of the task at hand, I thought, "Wow, I am way outside of my comfort zone, and yet, I'm still here!"

Unexpectedly, I crossed the finish line first in the 40 to 50 age group. I returned with the sincere belief that I could handle the recession, and anything else life threw my way. In fact, before the six-day run, a recession was an event to try to survive. The desert showed me it is possible to thrive. Only by stepping out of our comfort zone can we expand it and ultimately realize what we are truly capable of.

STEFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER

Between meetings at two and achoo!

On-the-job germs. Grumpy tummies and gesundheits are an office inevitability at this time of year, but staying prudent about your health can help both you and your co-workers

JULIA FURLAN
Metro World News

If you feel sick, do your co-workers a solid and stay home. ISTOCK

You can hear it in the chorus of sneezes coming from the cubicle next door: the winter colds are in full Kleenex-piled swing. We asked Kelly Arehart — who manages the Healthy Workplace project, where she analyzes and advises offices all over the world on how to keep germs at bay — how to survive the season.

Arehart likes to start with the basics: no matter how much you play the blame game with friends and family "cold and flu are not discriminatory. Anybody can pick it up throughout their day."

Getting sick is as simple as touching an elevator button or a door handle — things you have to do, you know, to enter your office — so the key is to make sure you have a system in place. Arehart suggests making hand-washing part of the arrival routine, before you even get to your desk.

Oh, and speaking of that petri dish of bacteria you like to call a desk: According to Arehart, desks are commonly overlooked, but they are party central for germs. "They understand they should wash hands (or use sanitizer if they can't) but they miss that surfaces are a risk, a hot spot," she says.

Colds and flus spread easily in offices, subway cars and classrooms because people are sharing space. Part of sharing that space is knowing when you would do better to take the day off and stay home, the CDC guidelines (and Arehart) advise. In a recent survey conducted by Kimberly Clark, they found that 59 per cent of people went to work sick, and three out of 10 of them felt they are too important to their work to not be there.

But overall, one of the easiest ways to fight the sniffles — especially with the planes, trains and automobiles of the holiday season — is to keep your grimy hands away from your gorgeous face.

Getting sick can start with that one little rub of an eye or a nose.

Bless you!

Tips for staying healthy at work during the holidays:

- Wash your hands.
- Keep some surface wipes and hand sanitizer handy and use it to wipe down your work space as well as keep your hands germ-free.
- Try to keep your hands away from your face.
- Wash your hands. Yep, broken record here.

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Not just Plastics on today's playground

Boys on the side?
Author whose book inspired Mean Girls movie encourages educators not to put social issues of young males on back burner

The teen comedy Mean Girls was inspired by Rosalind Wiseman's Queen Bees and Wannabes, which offered insight into the dynamics of relationships, cliques and conflicts involving teen girls.

Her latest book Masterminds and Wingmen (Harmony Books) offers a male-focused complement to her groundbreaking bestseller, as Wiseman urges adults to recognize that the emotional needs of boys are also deserving of attention.

"I want people to know that boys want deep relationships, that it makes their lives better; that their friendships are important to them and that they have conflicts like everybody does. And that we have to stop dismissing boys' emotional lives," Wiseman said during a recent interview.

Author Rosalind Wiseman is candid in her new book Masterminds and Wingmen, with revelations of experiences with her own sons.
CONTRIBUTED/THE CANADIAN PRESS

"We don't have to have these Hallmark, 'Sit around in the circle and tell me your deepest feelings (moments).' It's just being able to realize there's a lot going on there, so you can see it; and then realize if you reach out, they're going to come to you if you listen. We just have to do a lot of work first on ourselves."

Boys won't always be boys

"I want people to know that boys want deep relationships, that it makes their lives better; that their friendships are important to them and that they have conflicts like everybody does."
Rosalind Wiseman
Author of Masterminds and Wingmen

Mother to sons Elijah, 12, and Roane, 10, Wiseman didn't just focus on her own parenting practices and experiences — she went directly to the source. Wiseman sought out boys willing to open up about a vast range of subjects, from stigma surrounding being gay to girl troubles, gaming, social networking and the roles and hierarchies within social groups.

More than 160 boys offered contributions, which Wiseman said helped shape many of the topics in the book, while also aiding in painting a picture of common challenges and dynamics governing what she termed "Boy World."

"Boys have to hide behind this attitude of, 'I don't care,'" said Wiseman. "One of the things that happened that was really extraordinary was the boys were able to say, and be proud of it ... 'I want to make the world a better place. I want boys to have a better sense of how to get through things than I do, or I did. And so, I'm helping with this project so that that happens.' But I had to prove to them that I would listen to them and that they could disagree with me and I wouldn't shut them down."

Wiseman said she's heard so far from adults who say the book has enlightened them as to why boys clam up when bombarded with questions about how their day went.

THE CANADIAN PRESS

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MACDONALD-CARTIER ACADEMY

Feel the warmth with a bowl of Cauliflower Cheddar Soup

1. In pot, combine cauliflower, celery, onion, potatoes, garlic, pepper to taste, broth and water; cover and bring to a boil over high heat. Reduce heat to medium-low, cover and boil gently for 15 to 20 min or until vegetables are soft.

This recipe serves six to eight. MILKCALENDAR.CA

Ingredients

- 9 cups (2.25 l) chopped cauli flower (about 2 lbs/1 kg)
- 2 stalks celery, diced
- 1 onion, chopped
- 3 potatoes, peeled and diced
- 2 tsp (10 ml) minced garlic
- Pepper
- 2 cups (500 ml) reduced-sodium vegetable or chicken broth
- 1 cup (250 ml) water
- 2 tbsp (30 ml) all-purpose flour
- 2-1/2 cups (625 ml) milk
- Ground nutmeg
- 1-1/2 cups (375 ml) shredded Canadian Cheddar cheese, divided
- 1/4 tsp (1 ml) salt (approx.)

2. Whisk flour into milk; pour into pot with nutmeg to taste. Cook, stirring, 3 mins. or until slightly thickened. Remove from heat.

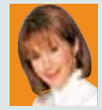
3. Using immersion blender or transferring in batches to an upright blender, purée until smooth.

4. Return to pot, if necessary. Heat over medium heat, stirring often, for about 5 min or until bubbling. Remove from heat and stir in 1 cup (250 ml) of the cheese until melted. Season with pepper and up to 1/4 tsp (1 ml) salt. Ladle into warm bowls and sprinkle with remaining cheese.

JODY SPRIEL OF PLEASANT HILL HOLSTEINS INC. IN ST. MARY'S, ONTARIO/ DAIRY FARMERS OF CANADA (MILKCALENDAR.CA)

Healthy eating

Choose it and lose it



ROSE REISMAN
for more, visit rosereisman.com or follow her on twitter @rosereisman

Taco Del Mar serves up Mexican favourites but not all are created equal when it comes to fat and calories.

Taco Del Mar Pork Nachos

1,150 calories / 56 g fat

Nachos are never a good choice. Eat too much of this pork variety and you'll start oinking and rolling around in mud.

Equivalent

Taco Del Mar Pork Nachos with cheese, tomato salsa, sour cream and guacamole are equal in calories to 2 lbs of pork chops.

Taco Del Mar Pork Quesadilla with cheese and tomatoes

720 calories / 35 g fat

Enjoy pork in a quesadilla instead. They're perfect for an appetizer to split or as a single meal.

App. Zingy Devilled Eggs

1. Hard-boil the eggs and cool. Once cooled, peel, halve and carefully remove the yolks. Reserve the whites.

2. Combine the egg yolks, mayonnaise, Dijon, Xyla Buffalo Wing Sauce, and lime juice in a medium non-reactive bowl. Season well with salt and pepper, then mix well until the yolks are broken up and the ingredients are well mixed.

3. Evenly pipe or spoon the yolk mixture into the reserved egg white halves (a zip close bag with the corner cut off does a great job). As desired, sprinkle with paprika and chives for garnish. It would be practical and easy to transport if you have a devilled egg container, but opting for cupcake liners in a muffin tin works well too.

JULIE REID, XYLITOLCANADA.COM

Ingredients

- 12 eggs
- 6 tbsp mayonnaise
- 2 tsp Dijon mustard
- 4 tsp Xyla Buffalo Wing Sauce
- 2 tsp freshly squeezed lime juice (optional)
- Kosher salt
- Freshly ground black pepper
- Paprika and finely chopped fresh chives for garnish (cilantro is nice as well)

There's potatoes then there's Melted Leek Mashed Potatoes

Like onions, leeks develop a rich, savoury flavour when cooked slowly. And when cooked this way, they make an excellent addition to a creamy mound of mashed potatoes.

Rather than caramelize the leeks, which requires a bit more hands on cooking, you simply melt them. It's actually a braise, but the result is meltingly good. And braising requires only an occasional stir. The leeks are thinly sliced, then simmered in broth or stock until extremely tender, then the whole mixture is stirred into the potatoes.

The easiest way to clean leeks is to cut them up first. Trim off the ends, cut them in half lengthwise, then thinly slice them. Place the slices in a large bowl of cool water and toss well, separating the layers, to rinse away any dirt. Allow dirt to fall to the bottom of the bowl, then use a slotted spoon to scoop out the floating leeks.

This recipe serves eight. MATTHEW MEAD/ THE ASSOCIATED PRESS

Ingredients

- 3 lbs Yukon gold potatoes, peeled and cut into chunks
- 3 tbsp unsalted butter
- 3 cups thinly sliced and cleaned leeks
- 1/2 cup chicken or vegetable stock or broth
- 1/2 cup half-and-half
- Salt
- 3 tablespoons chopped fresh chives

1. Place the potatoes in a large stockpot. Add enough water to cover by 1 inch. Set over high heat and bring to a boil. Cook until tender, about 20 minutes.

2. While the potatoes cook, prepare the leeks. In a large skillet over medium-high heat, melt the butter. Add the leeks and broth and cover. Bring to a simmer, then reduce heat to maintain the temperature and cook, stirring occasionally, until the leeks are extremely tender, about 30 minutes.

3. When the potatoes are cooked, drain and return to the pot. Add the half-and-half, then mash until smooth. Season with salt, then stir in the melted leeks — along with any liquid in the pan — and the chives.

THE ASSOCIATED PRESS

4 SPORTS

Sports in pictures

1

2

3

1 Soccer. Spurs get no pity from Man City

Free-scoring Manchester City moved ominously into the Premier League's top four by embarrassing Tottenham 6-0 on Sunday. THE ASSOCIATED PRESS

2 Soccer. Canada settles for draw

The Canadian women created a number of chances but settled for a 0-0 draw with Mexico in a friendly on Sunday in Vancouver. THE CANADIAN PRESS

3 F1. Vettel can't be beat

Sebastian Vettel won Formula One's season-ending Brazilian Grand Prix on Sunday, matching Michael Schumacher's record of 13 victories in a year and equaling the nine consecutive wins of Alberto Ascari. THE ASSOCIATED PRESS

Roughriders quarterback Darian Durant evades Tiger-Cats defensive lineman Torrey Davis during the Grey Cup game on Sunday night at Mosaic Stadium in Regina. LIAM RICHARDS/THE CANADIAN PRESS

Roughriders set off party on the Prairies

CFL playoffs. Record-setting performance by Sheets leads Riders to championship victory

Grey Cup game

Roughriders	Tiger-Cats
45	23

MVP Kory Sheets ran for a record 197 yards and two TDs to power the Saskatchewan Roughriders to a 45-23 win over the Hamilton Tiger-Cats in the 101st Grey Cup game Sunday night in Regina.

Sheets delighted the raucous partisan Riders sellout gathering of 44,710 by smashing the previous mark of 169 yards, set in 1956 by Edmonton's Johnny Bright. Sheets was especially impressive in the first half, running for 128 yards and a TD in leading Saskatchewan to a commanding 31-6 halftime advantage.

Saskatchewan slotback Chris Getzlaf was the game's top Canadian.

Quarterback Henry Burris, who rallied Hamilton from a 24-10 deficit to beat Toronto 36-24 in the East final, pulled Hamilton to within 31-16 early in the third on his 18-yard TD run and a drive that Luca Congi capped with 33-yard field goal early in the fourth. But Sheets cemented the win with a five-yard touchdown with just over five minutes remaining.

Weather was a consideration but not because of the frigid temperatures that gripped the city last week. At kickoff, it was 1 C and had only dropped to -2 C at the end of the game.

The biggest obstacle was the brisk northwest breeze that gusted between 30 and 50 km/h throughout. THE CANADIAN PRESS

Panthers pounce down homestretch

Cam Newton angrily slapped his hands together and stared into the end-zone stands, watching Miami Dolphins fans celebrate the interception he had just thrown.

His mistake helped put the Carolina Panthers in a deep hole Sunday, but Newton knew how to get out.

He led a late comeback for the second time in a week, converting a fourth-and-10 situation at his 20 with a completion to keep alive the Panthers' final possession, and their touchdown with 43 seconds left beat Miami 20-16.

On Sunday

Panthers	Dolphins
20	16

The Panthers (8-3) overcame a 16-3 first-half deficit for their seventh win in a row, their longest streak since 2003.

"It may not be pretty," Newton said, "but at the end of the game we get that three-letter word, and that's gorgeous."

Newton hit Greg Olsen with a one-yard pass for the winning score to cap a 12-play drive. Carolina also rallied past the New England Patriots with a late drive last Monday.

The Dolphins (5-6) fell to 2-2 since tackle Jonathan Martin left the team amidst a bullying scandal.

The Dolphins are now 4-4 in games decided by four points or less. THE ASSOCIATED PRESS

Panthers quarterback Cam Newton rushes for a touchdown against the Dolphins on Sunday in Miami. MIKE EHRMANN/GETTY IMAGES

Staal has 3-point night as Hurricanes bowl Senators over

The Hurricanes' Kevin Westgarth sends the Senators' Mark Borowiecki head-first into the boards during the first period in Raleigh, N.C., on Sunday. Westgarth received two minutes for boarding. KARL B. DEBLAKER/THE ASSOCIATED PRESS

NHL. Coach MacLean calls out Ottawa on 'self-inflicted' errors in 4-1 loss to Carolina

Cam Ward has made many, many saves in his NHL career. Still, he can appreciate a good one.

Ward stopped 35 shots in the Carolina Hurricane's 4-1 over the Ottawa Senators on Sunday night, with none more entertaining than his desperation stick save against Colin Greening in the first period.

"I had goosebumps after that one," Ward said. "We play this game for a living but when you make a save like that, I turn into a little kid. It also was a sigh of relief to get that save because that was a big part of the game in the first period."

Ward had already given up a rebound goal to Jason Spezza 1:07 into the game when he stopped Greening to keep it close for Carolina, who scored three times in the second to take command.

Ward said his confidence grew immensely playing on consecutive days for the first time this season. He missed 10 games with a lower-body injury and returned to the lineup on Nov. 18.

Lehner's effort falls short

Ottawa goalie Robin Lehner was solid except for the six-minute stretch in the second period, finishing with 33 saves.

Eric Staal had a goal and two assists, and Patrick Dwyer, Tuomo Ruutu and rookie Elias Lindholm each scored for the Hurricanes, who have won 10 of 11 at home against Ottawa. Staal scored an empty-net goal with 2:29 left.

With both teams playing the second of back-to-back games, it was visiting Ottawa that jumped out early on Spezza's 10th of the season.

But Ottawa coach Paul MacLean said his team didn't play hard enough to win.

"We don't play long enough to consistently win," MacLean said. "A three-minute span in the second period and we end up making two costly errors that were self-inflicted. One ends up in our net and the other ends up in penalty, then ends up in our net."

THE ASSOCIATED PRESS

NBA

Bulls to go without star, but for how long?

Derrick Rose will have surgery on his right knee Monday, and the Chicago Bulls don't yet know how long they'll be without their star guard this time.

Rose headed home to Chicago while the Bulls went back to work Sunday, facing the Los Angeles Clippers in their first game since Rose tore cartilage in his knee in Portland on Friday night.

Chicago coach Tom Thibodeau said the Bulls won't know how long Rose will be sidelined until Rose and team physician Brian Cole decide how to fix his knee.

The 2011 NBA MVP has a medial meniscus tear, which is typically less serious than a lateral tear.

Sadly, the Bulls' core has ample experience playing without Rose.

Rose missed all of last season after tearing a ligament in his left knee in Chicago's 2012 playoff opener against Philadelphia. Rose already had missed 26 games during that lockout-shortened regular season while battling a variety of injuries. THE ASSOCIATED PRESS

NBA. Nets stung by Stuckey, continue free fall to bottom of Atlantic

They are the NBA's most expensive team, filled with all-stars and the belief they can contend for a championship.

Here's what else the Brooklyn Nets are at the moment: A last-place disappointment.

"Tough times right now," forward Kevin Garnett said.

They got tougher Sunday, when reserve Rodney Stuckey scored a season-high 27 points in the Detroit Pistons' 109-97 victory that sent the Nets to a fifth straight loss and sole possession of the Atlantic Division basement.

The Nets, with their enormous payroll and enormous expectations, fell to 3-10, a half-game behind the New York Knicks, and were hearing boos at Barclays Center in the second half.

"The ball's just bouncing the opponent's way right now and we've just got to stay together," coach Jason Kidd said.

Greg Monroe had 18 points and 11 rebounds for the Pistons, who bounced back from consecutive losses to Atlanta. Brandon Jennings added 14 points and 10 assists, making all 10 free throws to make up for a 2-for-10 shooting performance.

The Pistons' Rodney Stuckey shoots the ball against the Nets in Brooklyn on Sunday. GETTY IMAGES

"Road wins are hard to get and any time you get a road win it's huge," Pistons coach Maurice Cheeks said.

Joe Johnson made eight 3-pointers and scored a season-high 34 points, but the shorthanded Nets couldn't overcome another cold night from Paul Pierce and Garnett, who were a combined 7 for 22.

The Nets again played without starters Brook Lopez and Deron Williams, who have sprained left ankles, and top reserves Andrei Kirilenko (back spasms) and Jason Terry (bruised left knee).

THE ASSOCIATED PRESS

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Boston	23	15	6	2	64	43	32
Toronto	23	14	8	1	66	54	29
Tampa Bay	23	14	8	1	67	61	29
Detroit	25	11	7	7	63	70	29
Montreal	24	13	9	2	64	51	28
Ottawa	24	9	11	4	68	77	22
Florida	24	6	13	5	53	80	17
Buffalo	25	5	19	1	44	79	11

METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	24	15	9	0	69	54	30
Washington	24	12	10	2	72	68	26
NY Rangers	23	12	11	0	48	54	24
New Jersey	23	9	9	5	49	55	23
Carolina	24	9	10	5	49	67	23
Philadelphia	22	10	10	2	49	53	22
Columbus	23	8	12	3	56	71	19
NY Islanders	24	8	13	3	68	82	19

Sunday's results
Carolina 4 Ottawa 1
Detroit 3 Buffalo 1
Saturday's results
Boston 3 Carolina 2 (OT)
Minnesota 3 Winnipeg 2 (SO)
Montreal 3 Pittsburgh 2
Toronto 2 Washington 1 (SO)
Ottawa 4 Detroit 2
Philadelphia 5 NY Islanders 2
NY Rangers 2 Nashville 0
St. Louis 6 Dallas 1
Anaheim 4 Phoenix 2
Chicago 2 Vancouver 1

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	24	16	4	4	87	70	36
St. Louis	22	16	3	3	79	50	35
Colorado	22	17	5	0	69	45	34
Minnesota	24	15	5	4	64	55	34
Dallas	22	11	9	2	61	65	24
Nashville	23	11	10	2	52	67	24
Winnipeg	25	10	11	4	66	75	24

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	26	17	6	3	80	65	37
San Jose	23	15	3	5	79	52	35
Los Angeles	24	15	6	3	64	51	33
Phoenix	23	14	5	4	78	74	32
Vancouver	25	12	9	4	65	65	28
Calgary	23	8	11	4	64	84	20
Edmonton	24	7	15	2	64	84	16

Note: Two points for a win, one point for overtime loss.

San Jose 2 New Jersey 1
Colorado 1 Los Angeles 0 (OT)
Monday's games — All Times Eastern
Winnipeg at New Jersey, 7 p.m.
Pittsburgh at Boston, 7 p.m.
Columbus at Toronto, 7 p.m.
Philadelphia at Florida, 7:30 p.m.
NY Rangers at Tampa Bay, 7:30 p.m.
Phoenix at Nashville, 8 p.m.
Minnesota at St. Louis, 8 p.m.
Chicago at Edmonton, 9:30 p.m.
Los Angeles at Vancouver, 10 p.m.
Tuesday's game
Anaheim at Dallas, 8 p.m.

NFL

WEEK 12

Sunday's results
Carolina 20 Miami 16
Baltimore 19 N.Y. Jets 3
Tampa Bay 24 Detroit 21
St. Louis 42 Chicago 21
Pittsburgh 27 Cleveland 11
Jacksonville 13 Houston 6
San Diego 41 Kansas City 38
Green Bay 26 Minnesota 26
Arizona 40 Indianapolis 11
Tennessee 23 Oakland 19
Dallas 24 N.Y. Giants 21
Denver at New England
Monday's game — All Times Eastern
San Francisco at Washington, 8:40 p.m.

MLS PLAYOFFS

CONFERENCE CHAMPIONSHIPS

EASTERN CONFERENCE
Saturday's result
Sporting KC 2 Houston 1
(Sporting KC advances 2-1 on aggregate)

WESTERN CONFERENCE
Sunday's result
Real Salt Lake at Portland
(Real Salt Lake leads 4-2 on aggregate)

MLS CUP

Saturday, Dec. 7
Sporting KC vs. Real Salt Lake-Portland winner, 4 p.m.

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
Indiana	12	1	.923	—
Miami	10	3	.769	2
Atlanta	8	6	.571	4 1/2
Toronto	6	7	.462	6
Chicago	6	6	.500	5 1/2
Charlotte	7	7	.500	5 1/2
Philadelphia	6	9	.400	7
Detroit	5	8	.385	7
Washington	5	8	.385	7
Boston	5	10	.333	8
Orlando	4	9	.308	8
Cleveland	4	10	.286	8 1/2
New York	3	9	.250	8 1/2
Brooklyn	3	10	.231	9
Milwaukee	2	10	.167	9 1/2

WESTERN CONFERENCE

	W	L	Pct	GB
San Antonio	12	1	.923	—
Portland	12	2	.857	1/2
Oklahoma City	8	3	.727	3
L.A. Clippers	10	5	.667	3
Houston	9	5	.643	3 1/2
Dallas	9	5	.643	3 1/2
Golden State	8	6	.571	4 1/2
Memphis	7	6	.538	5
Phoenix	7	6	.538	5
Minnesota	8	7	.533	5
Denver	6	6	.500	5 1/2
New Orleans	6	6	.500	5 1/2
L.A. Lakers	6	7	.462	6
Sacramento	4	8	.333	7 1/2
Utah	1	13	.071	11 1/2

Sunday's results
Detroit 109 Brooklyn 97
L.A. Clippers 121 Chicago 82
Phoenix 104 Orlando 96
Utah at Oklahoma City
Sacramento at L.A. Lakers
Monday's games — All Times Eastern
Minnesota at Indiana, 7 p.m.
Boston at Charlotte, 7 p.m.
Phoenix at Miami, 7:30 p.m.
Milwaukee at Detroit, 7:30 p.m.
Houston at Memphis, 8 p.m.
Denver at Dallas, 8:30 p.m.
New Orleans at San Antonio, 8:30 p.m.
Chicago at Utah, 9 p.m.
New York at Portland, 10 p.m.

CFL PLAYOFFS

101ST GREY CUP

At Regina, Sask.
Sunday's result
Hamilton at Saskatchewan

Horoscopes

♈ Aries
March 21 - April 20
Even an Aries has to take orders from some people and one such individual will demand you show them the respect they think they deserve. Let them have it.

♉ Taurus
April 21 - May 21
Your ideas and opinions will change radically over the next few days — which is not like you at all. It won't worry you, but some people may be concerned you are acting out of character.

♊ Gemini
May 22 - June 21
You seem strangely dissatisfied at the moment and can't quite put your finger on why that is. As the Sun moves deeper into your opposite sign partners and loved ones will help you find out.

♋ Cancer
June 22 - July 23
Act first and worry about the consequences later. Better still, don't worry about the consequences at all. Be ready and willing to take a few risks over the next seven days.

♌ Leo
July 24 - Aug. 23
How you start the week will determine what sort of week you are going to have. If someone tries to pile lots of work on you, just say no.

♍ Virgo
Aug. 24 - Sept. 23
Creative matters will become more important to you as the week progresses, but today, focus on getting domestic affairs in order. What can you do to reassure loved ones that their needs are your number one concern?

♎ Libra
Sept. 24 - Oct. 23
You don't need to make excuses if you want to be by yourself. Others may think you are being anti-social, and maybe you are, but so what?

♏ Scorpio
Oct. 24 - Nov. 22
Keep travel plans to a minimum over the next 24 hours because there could be hold-ups and setbacks which get you frustrated.

♐ Sagittarius
Nov. 23 - Dec. 21
You will get the opportunity to go back and set something right, and if you are smart you will seize it with both hands. If you don't it will continue to prey on your mind and hold you back.

♑ Capricorn
Dec. 22 - Jan. 20
You may not want to cause offense, either at home or at work, but you must speak your mind today, no matter what the effects may be. Let others know you have strong principles and opinions.

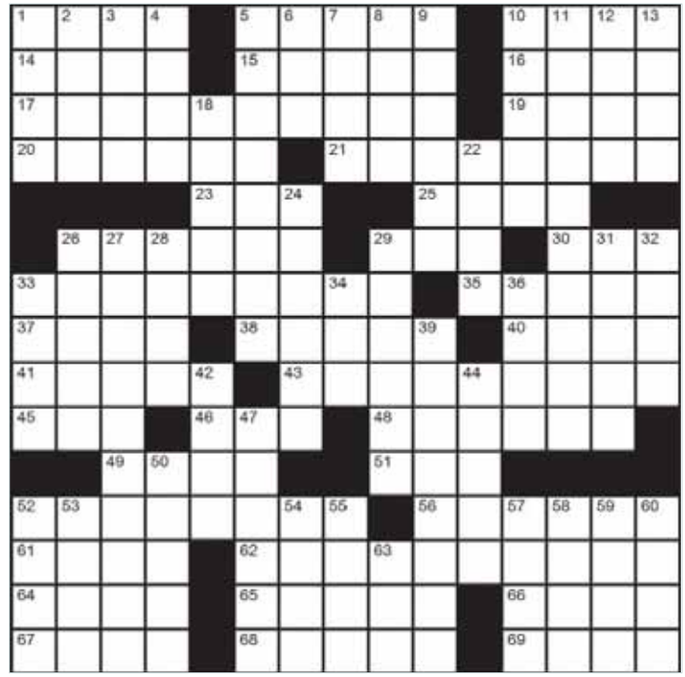
♒ Aquarius
Jan. 21 - Feb. 19
For one reason or another you find it hard to get along with certain people and you must not try to force yourself to work with them. There is more than enough space to do your own thing.

♓ Pisces
Feb. 20 - March 20
The more others try to tie you down the more likely it is you will strive to break free. Especially at work, you just can't see the point of hammering away at the same problems. Do something different this week. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



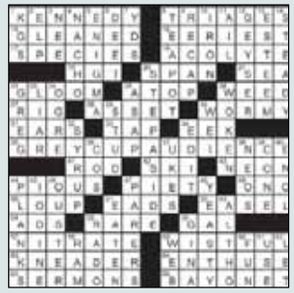
Across

1. Miley Cyrus' momager
5. Russian refusals
10. Way off
14. Currency exchange fee
15. Denmark's __ Islands
16. Cautious
17. Exercise for some pet owners: 2 wds.
19. Aboard the ship
20. Within reach: 2 wds.
21. I'll Be Loving You by The __ __ & BBQ Show (Montreal duo whose music the late great Lou Reed admired)
23. Fast food chain: letter + symbol + letter
25. Dedicated to the __ _ Love by The Shirelles
26. Ms. Copps
29. Cape Town's home [acronym]
30. 'Electr' ender
33. Medieval killer: 2 wds.
35. Receded
37. L.A.'s state
38. Canadian skating great/choreographer, Sandra __
40. Nero's 2051
41. Amadeus (1984) star Tom
43. Hit for rapper Gerardo: 2 wds.
45. Card game
46. Author Mr. Lawrence, et al.
48. Surface
49. Bargain
51. Nature's coat
52. Company chatter: 2 wds.
56. Cone-shaped dwelling
61. Holly __ Trio
62. Join in Klondike fun: 3 wds.
64. Competent
65. Phoney well-wishery
66. __ _ Want by Irish band Kodaline
67. Yo-Yos
68. Advice columnist Ann Landers aka __ Lederer
69. Requires directions

Down

1. "All done!"
2. Jazz classic: _ __ Rhythm
3. Wistful utterance
4. This is __ _ Heart Breaks by Rob Thomas
5. East Coast region: abbr. + symbol + abbr.
6. Yakety __ by The Coasters
7. Mr. Estrada
8. Ms. Braxton
9. Repetition marks, in music
10. Conscious
11. Vogue, e.g.: 2 wds.
12. Locale
13. Mr. Seacrest
18. Hammer _ __ in
22. Eat at
24. Bets
26. '70s idol, Mr. Cassidy
27. Broadway musical!: 2 wds.
28. Larger-than-life
29. Applied a cold pack again
31. Check out, __ into
32. Ms. Falco
33. Songbook standard: Ac-Cent-__-Ate the Positive
34. Submachine gun variety
36. Russia/China border river
39. Disco hit for Canadian singer France Joli: 3 wds.
42. Coup d'__
44. Waste place
47. Pass
50. Blades
52. "Vamoose!"
53. Freight train rider
54. Desk light
55. Start to 'sack'
57. Equal, in Paris
58. On-a-horse sport
59. Building wings
60. Change
63. __-End? by Brit singer Kate Nash

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	6		7	8				
	5		2				3	8
		3	6			7		
						5	7	6
5				2				3
4	7	1						
		9			2	4		
3	4				6		8	
				9	8		1	

Friday's Sudoku

4	3	1	8	2	6	9	5	7
2	9	7	5	1	4	8	6	3
5	6	8	3	7	9	1	2	4
7	5	9	4	6	2	3	8	1
3	8	4	9	5	1	6	7	2
6	1	2	7	8	3	5	4	9
9	2	3	6	4	8	7	1	5
1	7	6	2	9	5	4	3	8
8	4	5	1	3	7	2	9	6

Today
-2°/-4°
Flurries
60%

Tuesday
3°/-3°
Partly sunny

Know what the weather will be 14 days from now.
Check the 14 day trend.
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WORLD Timothy's COFFEE

Free Belgian Truffle*
*With the purchase of any medium or large hot specialty beverage

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